

July
2009

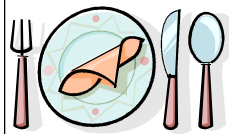


Centennial Recreation Senior Center
171 W. Edmundson Ave., Morgan Hill
Activities and Special Events for Adults 50+

Hours:
8am-3pm
Monday-Friday

Susan Fent—Senior Center Director
Denise Melroy—Program Coordinator
Sandra Madriles—Cook
Contact us: 782-1284

Other Fitness Programs	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The Senior Center is part of a larger multigenerational facility, partnered by the City of Morgan Hill and the Mt. Madonna YMCA. In addition to the programs being offered at the Senior Center, the Centennial Recreation Center (CRC) offers a wide array of fitness and aquatic programs for all ages. Visit the front desk of the CRC or the Senior Center for a listing and description of fitness programs.</p> <p>Everyday at the Senior Center</p> <p>The Daily Grind Coffee, Pastries, Newspaper, TV, Puzzles, Cards in the Senior Center Lobby Weekdays 8am-3pm</p> <p>Games and More Billiards, Air Hockey, Ping-Pong, Foosball Weekdays 8am-3pm</p> <p>Free Computer Use with Access to Wi-Fi Weekdays 8am-10pm (50+ Age specific hours weekdays 8am-3pm)</p> <p>Morgan Hill Senior Café Lunch served weekdays at 12 pm Sign-in by 11:30am</p>		<p>Monday's Ongoing Programs</p> <p>Walking Group 9:00 am Creative Writing 9:30 am Bingo 10:30 am Bridge 1:00 pm Duplicate Bridge 6:30 pm</p>	<p>Tuesday's Ongoing Programs</p> <p>Scrapbooking 10:00 am Senior Aerobics 10:00 & 11:00 am Chair Yoga 10:30 am Line Dancing 1:00 pm 50+ Pilates 2:00 pm</p>	<p>Wednesday's Ongoing Programs</p> <p>Bingo 10:30 am Chair Tai Chi 10:30 am Computer Co-Pilots 12 pm Laptop Users 12 pm Wii Bowling 12:45 pm</p>	<p>Thursday's Ongoing Programs</p> <p>Walking Group 9:00 am Knitting 10:00 am Brain Games 10:00 am Senior Aerobics 10:15am 50+ Yoga 10:15 am Sing-along w/Denise 11:00 am Watercolor 1:00 pm 50+ Pilates 2:00 pm</p>	<p>Friday's Ongoing Programs</p> <p>Senior Aerobics 10:00 & 11:00 am Ballroom Dancing 1:00 pm Bridge Lessons 1:00 pm</p>	<p>Saturday's Ongoing Programs</p> <p>Women's 50+ Basketball 10:00 am</p>
				<p>1</p> <p>Photography Club 7:00 pm</p>	<p>2</p> <p>July 4th Celebration! Ice Cream Sundaes (\$2)</p>	<p>3</p> <p>SENIOR CENTER CLOSED! Dementia Caregiver Support Group 2 pm</p>	<p>4</p> <p>HAPPY 4TH OF JULY!</p>
	<p>5</p>	<p>6</p> <p>Movie Matinee 1pm "New in Town"</p>	<p>7</p> <p>Bocce Ball 10 am Recipe Club 12:00pm Dementia Caregiver Support Group 6 pm "Taking Mystery Out of Watercolor" 6:30 pm</p>	<p>8</p>	<p>9</p>	<p>10</p> <p>Music with Jim Cianello 11am Coffee with the Mayor 11 am Ballroom Dance Party 6:30 pm</p>	<p>11</p>
	<p>12</p>	<p>13</p> <p>Osher Lifelong Learning "Financial Bubbles" 10 am "Front Page Science" 1 pm</p>	<p>14</p> <p>Bocce Ball 10 am "Presentation on Shingles" 11 am "Taking the Mystery Out of Watercolor" 6:30 pm</p>	<p>15</p>	<p>16</p> <p>Blood Glucose and Cholesterol Screening 10 am SALA (by appt.)</p>	<p>17</p> <p>Birthday Party! Music and Dancing with Fred Schulze 11 am Blood Pressure Screening 9:00 am</p>	<p>18</p>
	<p>19</p> <p>Duplicate Bridge 12 pm</p>	<p>20</p> <p>Osher Lifelong Learning "Financial Bubbles" 10 am "Front Page Science" 1 pm Movie Matinee "Yes Man" 1 pm</p>	<p>21</p> <p>Bocce Ball 10 am "Taking the Mystery Out of Watercolor" 6:30 pm</p>	<p>22</p>	<p>23</p>	<p>24</p> <p>Music with Jim Cianello 11am Health Insurance Counseling (by appt)</p>	<p>25</p>
	<p>26</p>	<p>27</p> <p>Osher Lifelong Learning "Financial Bubbles" 10 am</p>	<p>28</p> <p>Bocce Ball 10 am "Mediterranean Cooking" 6:00 pm "Taking Mystery Out of Watercolor" 6:30 pm</p>	<p>29</p> <p>Wii Bowling Tournament 11 am</p>	<p>30</p>	<p>31</p> <p>Music and Dancing with Fred Schulze 11 am</p>	



“Whose plate is it anyway?”

What a festive crowd we had for the Luau celebration on June 10th! Everyone enjoyed a fabulous meal of Ribs and all the trimmings! As many of you noticed, we were almost to capacity. So, we would like to remind you how important it is to make everyone feel welcome and comfortable in our Senior Café. On very busy days, we request that you reserve only 2 seats for friends that might be arriving late. If you have a class that meets and will not finish until noon, but would like to reserve a place for yourself, please leave a note on your placemat stating when you will return. As we all know, it is important to treat others as you would like to be treated by being respectful to other’s feelings. We have a wonderful café – let’s keep it that way!



Take a look at some of our classes for the rest of the summer:

Osher Lifelong Learning Institute:

“A Brief History of Financial Bubbles”, Mondays, July 13, 20, & 27, 10 am - noon, Fee: \$40
“Front Page Science”, Mondays, July 13 & 20, 1 pm - 3 pm, Fee: \$30

Taking the Mystery out of Watercolor:

Tuesdays, July 7-28, 6:30-8:30 pm, Fee: Resident, \$40/CRC member, \$35; Non-resident, \$45/CRC member, \$40

Mediterranean Flavors of Italy Cooking Class:

Tuesday, July 28, 6:00-8:00 pm, Fee: Resident, \$40/CRC member, \$35; Non-resident, \$45/CRC member, \$40

On July 14, at 11 am in the Senior Café, we will have an presentation about Shingles from Safeway Pharmacy representative, Risa Vatanka. Come for an informative session!



Let’s Dance!
Ballroom Dance Party
July 10 from 7:00—10:00 pm
AND
August 7 from 7:00—10:00 pm

Come to our next Ballroom Dance Parties at the Morgan Hill Centennial Recreation Senior Center and dance the evening away! For anyone needing a refresher course in ballroom dancing or for any beginners wanting to learn, come at 6:30 pm for lessons. Price is \$5 and DJ Geri Foley will be spinning more great tunes. (No partner necessary!)

Effective July 1, the suggested contribution rate per meal for the Senior Nutrition Program will be increasing \$0.50.

60 years and over: \$2.50
A meal ticket: \$50.00
Required Guest Fee: \$5.00



Announcing another “Coffee with the Mayor”!

Did you enjoy your visit with Mayor Steve Tate last month? Come and visit him again on July 10 at 11 am with any concerns you may have or just enjoy a cup of coffee with the mayor in the Senior Café. Mayor Tate will be joining us on the 1st Friday



ANNOUNCING OUR 2ND WII BOWLING TOURNAMENT!

Did you enjoy watching or participating in our Wii Bowling tournament in April? Then, come to the Senior Café on Wednesday, July 29 at 11 am for a “return of the Wii Champions”! Trophies will be awarded! So, don’t miss out on the fun!

Want to Travel.....see the Front Desk for information regarding upcoming trips, sponsored by Collette Travel!



July Birthdays!
Let’s celebrate this month on Friday, July 17 at 11 am in the Senior Café

Felix Amaro
Phyllis Bellet
Jeanetta Bettencourt
Alice Cascio
Hang Chung
Betty Clausing
Grace Coche

Rebecca Cortez
Rosemary Erwin
Marie Falcone
Dorothy (Dody) Holt
Cedra Husk
Edna Johnson
Yutaka Kochiyama

Robert Kuster
Bob Lexvold
Nancy Malech
Virgina Mercado
Anna Mikkelsen
Connie Ortega
John Prince

Mary Washburn



CENTENNIAL RECREATION
SENIOR CENTER NEWS
171 W. EDMUNDSON AVE.
MORGAN HILL, CA. 95037

“A place where older adults thrive as members of an aging friendly community.”



TAKE A LOOK AT THE FREE SERVICES AT OUR CENTER!

Senior Adult Legal Assistance:

Available on the **2nd Wednesday** of every other month and the **3rd Thursday** of every other month by appointment only (next appointments, July 16, & August 12); 1:30 - 3:30 pm. (Legal counsel in Spanish available on the 3rd Thursday.)

Health Insurance Counseling:

Available on the **4th Friday** of the month by appointment only (next appointments, July 24 and August 28); 9:00 am-noon.

Dementia Caregiver Support Group:

Available on the **1st Friday** of each month at 2:00 pm and the **1st Tuesday** of each month at 6:00 pm; next meetings are July 2nd and July 3rd. Facilitated by Tiffany Mikles, Dementia Care Coach.

Blood Pressure Screening:

Available on the **3rd Friday** of each month from 9:00 - 11am; next screenings are July 17 and August 21. Facilitated by Donna Bell of Catholic Charities Daybreak Respite Program.

Blood Glucose & Cholesterol Screening:

Available on the **3rd Thursday** of the following months from 10:00-12:00; next screenings are July 16th and Sept. 17th. Facilitated by Sister Rachaela of St. Louise Hospital.

Information and Referral: The Senior Center provides information and referral regarding services and assistance to Seniors in the South County. Please call the center at **782-1284** between **8:00 am and 3:00 pm**.



Wanted! Volunteers in the Senior Café

Would you like to help in a social environment while adding a much needed helping hand? Would you like to greet our Café diners and visitors, help set up or clean up? Contact us at 782-1284 or sign up at the check-in desk in front of the café.

Let’s Celebrate!

Come, help us celebrate the 4th of July!

When: July 2nd at 11 am

Where: Senior Café

Ice Cream sundaes with great toppings will be served at 12:30 pm for \$2.



DON’T FORGET! THE SENIOR CENTER IS CLOSED ON JULY 3RD!

Outreach Transportation: Outreach will provide seniors with rides to their required destination. Transportation to the Senior Café is provided at no cost. Applications at the Senior Center Front Desk. 782-1284.

Hours: 8:00 am-3:00 pm

Susan Fent—Senior Center Director
Denise Melroy—Program Coordinator

Contact us: 408 782-1284

Sandra Madriles—Cook
Alma Ramos—Kitchen Aide